# Cleobury Clarion



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#### **AUGUST 2023**

#### THIS IS A DISGRACE

It's just outside the main gate to Lacon Childe School on Love Lane, a prize example of neglect. It has been filled in the past, but here it is again, even bigger than before, and deeper too. Local folk will know of the threat and avoid it, but visitors to the town could be in for a nasty shock. And if a cyclist should travel down the lane in the dark and hit it, goodness knows what harm that could bring. This ugly mess is an insult to the town and we do hope that suitable words will be directed to the highways authority.

Wake up, Shropshire!



## THIS IS AN APOLOGY

Putting the Clarion together in the early days of me using this Apple Mac system there were times when I wanted to throw the damned thing down the stairs from the space I call my office. We have almost become friends as time passed, but when my machine begins to show its age and decides not to put a particular letter on the page, getting the Clarion together is a test of character. I am typing this at 4.00am, awake after a few hours sleep and starting the process of checking every page to see if the letter p is correctly used. 'Highways'. Hitting the key that should put it on this page doesn't work and requires a time absorbing process that is not good for my temper. There are other faults, but let's not go there. If there are errors in this edition I do apologise, but I am only human. Sadly, my computer will not, it is very clever but certainly not human. Iim Reynolds

# **LET'S BE POSITIVE**I know from conversations

with friends that many are ignoring news bulletins simply because they're down in the dumps and negative. Daily and weekly papers are much the same and the dreadful claim that only bad news sells papers is a sad reflection. Rubbish! Let's just look at life in this town and the surrounding countryside to see how things really are for the majority of us. I'm not just dismissing real poverty, I'm looking at life for the majority. Like the medical practice that serves us so well, the countryside that's out there and freely accessible, the good crafts on call at prices most can afford. Walk down the road and smile at people and the majority will smile back and return your "Good morning" greeting. Come on Cleobury, let's smile and be glad we live where we do. Life here is good.



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# The Cleobury Clarion, August 2023

**Volume Nineteen - Edition Five** 



P C Ollie Jones, the new man on our beat.

See Page 13.



Vauxhall vandalism in Childe Road Car Park See Page 17.



In Business, multi talented Angela Kazimierczuk. Page 61.

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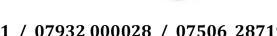
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#### CLEOBURY W.I.

A 'New Members Coffee Morning', held at Judy's, gave invited new members the opportunity to ask questions and find out more about what we do in WI. This was a success, with several members complimenting us on the warm, friendly welcome received.

The WI stand at the Cleobury Festival in June attracted plenty of interest, with a few more prospective new members showing interest in joining us.

We try to include in our programme a range of different activities throughout the year and July's meeting was a taster session of croquet in Ludlow. Four volunteers from Ludlow Castle Croquet Club kindly guided us through the use of the mallet, and the rain didn't prevent us enjoying a game of 'golf croquet'. Tea and cake in the clubhouse followed.

On Tuesday August 8th, there will be a short talk by Mark Baldwin on the history of The Wells, meeting at the earlier time of 6.30pm in St Mary's Church, followed by cheese and wine at 10 Church Street. This is open to members only plus one guest, for the usual cost of £5. Bread and cheese will be provided, but members are asked to contribute a salad or dessert to share and to bring their own drinks.

Regular meetings for morning coffee or afternoon tea remain popular, most recently, at the Colliers Arms, there was opportunity to chat, enjoy the treats on offer and browse the farm shop. This month, there will be an easy local walk (on

tarmac), followed by coffee locally on Tuesday 22<sup>nd</sup> August, meeting outside the Market Hall at 10am.

Anyone interested in becoming a part of our busy and thriving branch of WI should contact Judy on 01299 270983 or email judysant10@gmail.com

Val Sniadowski

# FLICKS IN THE S T I C K S

On Saturday 19 August at 7,30pm, we will be showing Allelujah - a warm, humorous, and deeply moving story about surviving old age. When the geriatric ward in a small Yorkshire hospital is threatened with closure, the hospital decides to fight back. Allelujah celebrates the spirit of the elderly patients whilst paying tribute to the

whilst paying tribute to the deep humanity of the medical staff battling with limited resources and ever-growing demand. Starring Judi Dench, Jennifer Saunders, Derek Jacobi Russell Tovey. Bar, tea and

# cake. **BARN DANCE**

On Friday, August 25th, at 6.30 for 7.00, there will be a barn dance in the Parish Hall. If you enjoyed the Bavarian evening here is a another chance to let your hair down in an evening filled with fun and laughter and not just at the dancing. Tickets £15, including twocourse meal, from Gabby on 01299 271713, or email: gabbyfranklin76@gmail.com, or online at www.cleoburyparishhall.uk/ barndance. Bar, tea and coffee. They are selling fast: don't miss out.

# FROM THE BANDROOM

During July the band played at Pershore Midsummer Brass, a very stormy Neen Savage Fete and the Ironbridge Brass Festival.

Moving into August we are all really looking forward to playing at Tom (our drummer) and Ellies wedding and we will also perform on the bandstand at Shrewsbury Quarry at the end of the month.

We also have changes afoot, our current conductor Matt will be leaving for band pastures new, we wish him well in his new venture.

We have another MD in the pipeline but if there is anyone local out there interested in the job, please do get in touch with our secretary Amanda.

We have National Finals in September and are on look out for some sponsorship to help with costs.

If you feel you can help the band with this, please get in touch!

Bass players are critical to the band ensemble, if you would like to join us, you would be made VERY welcome! we recently welcomed back Bill who hasn't played for 20 years!

Please come along to our friendly practices on Tuesday evenings 7.30pm Parish Hall Get in touch with Amanda on 0 1 5 8 4 8 9 1 1 9 9 Katie Griffiths



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#### IRENA ON THE MOVE

Irena's renowned Foot Clinic have moved into town from her old location out in the forest.She's now based at No 1 Furlongs Road here in Cleobury with a second location at 'La Styles', 144 Tennyson Way,, Offmore, Kidderminster DY1 1YA. Telephone numbers are her mobile on 7789 7629 or at 1562 865544 in Kidderminster. If vou refer treatment at home, she can provide that service too.

#### CLOWS TOP GARDENING CLUB

the 23rd to visit "Highways," Gunnera and a woodland area planned course on calm waters! Combine all this with views you" to all. over the Teme Valley and it Over 50 players took part in the surely is a garden not to be competitions, organized by Phil missed! A word of warning; Pack who came out winning there are some steps and the finalist with his playing partner lawn does slope.

We will meet at the Victory Hall at 6pm to share cars as Air Ambulance charity event at usual.For any other Highley Bowls Club, Sunday information, or to book your the 13th, registration at 11.30am place (open to non - members) or Cleobury Bowling Club please ring Elva on 01299 pavilion prior to the day. 3 2 2 8 **Iudith Lawson** 

We look forward to seeing you on the 23rd.

### CALLING ALL CRAFTY FOLK

Clows Tob Craft Club meets at Clows Top Victory Hall on Monday mornings from ten o'clock until 12 noon.

We are currently on a summer break and will meet next on Monday 4th September.

All are welcome, whatever their craft or ability. For further details, c a 11 Judith Laws on 07990 932167.

#### WOOD WORDS

Bowling Club a garden of one acre which has What a super day our club been developed over the last 16 captain gave us on June 25th at years. There is certainly a lot to the annual event. Glorious see, including herbaceous sunshine, a cooling breeze, tasty borders, pergolas with roses and buffet and some exciting clematis, a stream, wildlife pond, competition bowling; all Koi pond, a bog garden with through a safely steered well and new arboretum. There is Well done Nick Flatters and also a vegetable garden. team and a very big "thank

for the day Angie Gravatte.

Coming during August is the

Home competitions include the Wakeman Cup on August the 5th, the Downes Cup August the 12th, and Lloyd Cup August 19th.All news and events/dates can be found on the website cleoburybowls.org.uk

A second taster session was held on July 17th and our next one is on Monday the 14th of August 7.00pm at the green. Free entry.Come and see what it's all about! All welcome

Anyone wanting further information about Cleobury Mortimer Bowling Club is invited to contact club captain We are off to Hanley William on Chris Smith reports from the Nick Flatters on 07952 296710 or email cleobury bowls club@gmail.com

#### ..... THE MANOR HOUSE

I have been pre-occupied with our campaign to Save The Manor House and at a recent meeting with Madge Shineton and Katherine Garnier, I have been tasked to generate some publicity for our campaign.

I am writing to local feature writers for our regional publications such as the Shropshire Star, Shropshire Magazine and the Express and Star. I am also trying to get interest from local Radio as well.I have created a briefing document which is too large for the Clarion I think.

Nigel Reid

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### C L E O B U R Y G A R D E N E R S

I decided to make water the subject of this month's article after reading the 'Telegraph's diatribe on the economic health and future of Thames Water: and by inference most other water companies which no longer belong in our national control and are owned by every Tom, Dick and Harry throughout the world, from Canada, France, Dubai, some Scandinavian countries and even to China. No wonder we have rivers running with effluent, when profits are being hived off as dividends to shareholders and pension funds all over the world.

The main point of this article is water butts to save the environment, save your wallet and save water - what's not to love. They come in all shapes and sizes, and are available cheaply from Shropshire CC on application. It's a rare garden which will be unable to accommodate one; even a small shed can provide enough water for a small butt. And why stop at one? If you are warm to this idea, place a second alongside and the runoff from the first overflows into the second. The Diverter Kit and Linking Kit are available at most Big Brand Hardware outlets and are fairly easy to install. One

elevated on bricks and slabs to under the opened tap. Water comes from the heavens free gratis; we turn on our taps and out it comes, and whilst the rain still falls, what's the problem. Are you aware that as soon as the rain hits your roof and flows down the spouting, this free gift acquires the first of its several pricing charges and becomes a commodity, and a highly priced one, considering the base material is free. Your water company charges you for collecting 'ground water' to channel it into a system to make safe drinking water. And if you water plants from a tap, you are using the highest priced water of all. The expert view is that something like a 40% increase in water charges is on the cards if we want out rivers cleaned up. To make your investment really work, have several buckets available. When rain is promised, drain the stored water into the buckets leaving the Butt(s) to be refilled, thus always making greatest and extended use of the availability of cheap water. I always have a trug near my butt to catch any surplus water, and use that to immerse my used pots ready for cleaning.. Even that used water goes on the garden.

locate the water butt(s) Let your pots dry and store for the next use. I do not understand ensure your watering cans fit this concept of recycling pots to garden centres. I never seem to have enough, and never recycle them unless they are totally worn out. Please forgive this bout of personal whimsy, but in the future water will become a very precious commodity, not just price, but also availability. In some parts of the world, water may become more expensive than oil, and fought over in small wars. So what has this to do with gardening? Dear Reader, water is everything. Linda Ashman, Secretary

#### THOMSON & PARKES

Sad news just in that Thomson and Parkes' depot at Oreton closed at the end of July. If that means redundancies for the staff we can only sympathise. It was an easy place for locals to reach and much better than a drive into Kidderminster and back. It's also a reminder to us all that we need to support such local businesses if we want a wider choice than just supermarkets.



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#### IN PRAISE OF

I am no longer married, been a widower for nine years .The ring my lovely wife bought me to replace the damaged original gave the wrong signal and when my nephew's three year old daughter admired the ring I was wearing it triggered an idea. Young Luana should have it to remind her when she grows that there's a family history to discover. I had tried to have the ring removed, but had no luck until I tried K Bassam Jewellers in Kidderminster. Tracy there was capable helpfulness itself and as it was too tight to slip off it would need to be cut. A tool was produced and after the actual ring was severed it took several tweaks with two small pliers to get it off. It would then be welded to restore its shape.

Could they engrave it with Luana's name as the new owner. Yes they could. It came back gleaming from a polished job with engraving all done. It will be with Luana some time in August and I hope she'll look after it. What I want to do on this page is praise the quiet and friendly efficiency of Bassam's in getting such a good result when too many others would not take it on. *Jin Reynolds* 

#### THE KITE FESTIVAL

This year's Festival was another gentle and friendly July weekend, with fewer visitors than last year still adding colour when a mixed weather pattern allowed. Organisers Helene and Paul from Skybums in Wem were as welcoming as ever and when the wind picked up there were enthusiasts soon out and chasing a lift.

The kite enthusiasts talk freely to curious visitors and explain the materials used today. And if you see a smaller kite attached to the line of a bigger unit, like you can see in the picture below, that's a 'bol'







#### **FORTHCOMING EVENTS**

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To book the hall call Janet 01299 271070



## Saturday 19 August at 7.30





95 mins

ALLELUJAH is a warm, humorous, and deeply moving story about surviving old age. When the geriatric ward in a small Yorkshire hospital is threatened with closure, the hospital decides to fight back. ALLELUJAH celebrates the spirit of the elderly patients whilst paying tribute to the deep humanity of the medical staff battling with limited resources and ever-growing demand STARRING Judi Dench, Jennifer Saunders, Derek Jacobi, Russell Tovey



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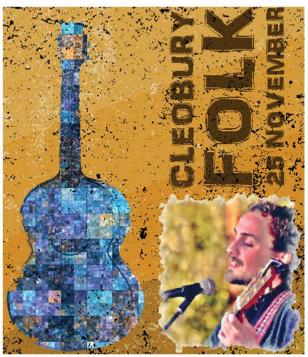


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## NEW FACE ON THE LOCALBEAT

Ollie Iones is the new man on the local beat, covering Cleobury and Highley along with eleven other parishes. He was stationed here from July 1st and will be getting to know the local area and its inhabitants like you and me.. He comes f rom a police background, his dad serving in the force in the north of the county. The job has changed a lot since the old man was out there and Ollie wants to get to know local folk and draw knowledge and information from them. The logic is straightforward, with him gathering news and details to inform the wider force. As he puts it "We can't do anything without information. So if you see someone acting in a suspicious way, like knocking on a door late at night collecting a parcel, that might be drugs. Have you actually seen a crime Report it, as the more the force know the sooner they'll act. It's simple cooperation to prevent illegal action against you . Ollie will be holding surgeries in the Market Hall, another part of us all working together to make life safer. Good old fashioned

common sense. The Clarion looks forward to working with Ollie and his colleagues.



## C L E O B U R Y C O M M U N I T Y

This is a family friendly monthly event, held in the Community Centre on Love Lane. This month's is on Friday the 18th, from 9.00 until 11.00, with another on September The idea is to get people together to swap stories and maybe get help with a problem. You'll find specialist knowledge there with advice on a wide range of matters from housing support to drug and alcohol support or advice on Alzheimer's. It's free and it's simply about sharing and caring for the community.

# OPEN DAY AT UPPER MARCHES

The annual Open Day at the Bargmans' small holding on Catherton Common is always a treat. Our agricultural correspondent, no less, has written about it warmly. This year I showed my very enthusiastic lady the gardens and then we took a step further and visited the nether regions of three acres of countryside. New was a footbridge over the stream, finished in time for the occasion. "Made from assorted scrap" we heard Chris asked. "Of course" the prompt reply. There were assorted ancient vehicles about and Tina having grown up on a farm found the aged DB tractor attractive. More so when told that DB is the same David Brown who gave his initials to the 195Os Aston Martins he also made.



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#### R E A D I N G

'This Is Going To Hurt' by Adam Kay, a well written and easy to read book Twelve members met this month to review it. The author, with the help of his diaries, tells of his experiences of being a junior doctor on hospital wards. Overworked and under paid, it seemed a mostly balanced account. Amusing at times with some dark humour it is also horrific and heartbreaking. Our discussions kept us busy for over an hour. The majority of people have had dealings with the NHS, good or bad, several having worked as doctors or nurses. We felt it was sad that Adam chose to leave the profession, maybe better support would have helped? It was a rather cynical view of the NHS, which started another avenue to explore. Despite current and past problems, overall we thought it was a good organisation. We agreed it needed a long term solution, though doubtful it would happen. Outspoken and frank, always interesting, even the parts you didn't want to know. Group comments were:- too close to home: not really my cup of tea; felt hurt by title and didn't enjoy but moved by the honesty? You will have to read it to judge for yourselves. August brings us 'The Girl With The Louding Voice' by Abi Dare, an intriguing title.

Deana Kimber 271754

## MICHAELMAS CONCERT FOR COCO

Cleobury is home to a wealth of talented musicians and CoCo is fortunate to have secured the services of five of them to perform at a fundraising concert on Friday 29th September in St Mary's Church, Cleobury. The programme will be a mixture of styles to appeal to a wide audience. Our performers are Erika Jones -soprano, with a wide repertoire of opera credits around the world; The Ludford Duo, professional cellists with highly successful careers playing with internationally acclaimed ensembles; Celia Gibb w h o soloist, sang professionally until recently and now sings with Ludlow's Edge Chamber choir and Hannah Coleman - harpist, bringing the beautiful sound of the harp to St Mary's. The musical performances will be interspersed with some spoken word, including a poem written specifically for the concert by local poet, David Walford. Tickets at £15 each are available from Cleobury Country Centre, The Community Hub and Roseann Genese (01299 270161). Doors open at 7.OO.for a 7.30pm start and the ticket price includes your first glass of wine Catherine Evans

## VANDALISM IN CHILDE ROAD CAR PARK

This sad looking Vauxhall was spotted in the Childe Road car park, where it had stood for two weeks when the photo was taken. The damage looks like petty vandalism, with windscreen wipers and door mirror outer shells the only obvious parts affected, but a photo is not an accurate guide. What is worrying is that we have somebody who seems to think petty stupidity is fun. The solution lies with us and the words of new local copper Ollie Jones on page 13. If you see a crime, even one that's making people laugh because they think it's all a bit of a joke, let the police know and give them as much detail as you can remember. Because anyone who gets away with a crime, no matter how small, will be tempted to do if they think they won't be caught. And it could be your house they find tempting......





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Do you enjoy singing? It is good for you, it activates the brain and releases happy feelings. If you would like to discover the joy of singing with others, there are three local choirs who would love to hear from you. Edge Chamber Choir, rehearsing in Ludlow on Thursday evenings, is an auditioned choir specialising in works by mainly 20th and 21st century composers. The Blue Hills Choir, focusing on full dentures without them popular classical works from, 16th to early 20th centuries, and The Corvedale Choir, singing a wide range from West End shows and the 'pop/rock' world, rehearse in Diddlebury on Tuesday mornings and Monday evenings respectively.

All are looking for singers. They are all friendly groups differentiated only by the style of music they sing. The choirs are now having their summer break but will return to weekly rehearsals in September. To find 'CASHING

We would like to tell everyone about our new Denture Clinics with the Clinical Dental Technician who starts on 18th August.

His name is Stephen Beard and his GDC number is 130985 (the number needs to be included please) he will be visiting the Practice on Friday mornings. He is available to see anyone for a Private consultation appointment for Denture problems or for the provision of new dentures.

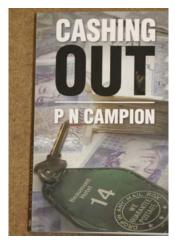
He can see anyone who has having to see a Dentist first, people who have a mix of their own and denture teeth will need to see a Dentist for an examination before they can see him.

The consultation appointment is free, there is a £20 refundable deposit to pay to secure the appointment. People can see about our Practice via our h www.cleoburydental.co.uk and can call 01299 271747 for more information and to book.

Many thanks Nicola Atherage OUT'

out more, watch this space in Phil Campion's debut novel. the September Clarion. We made brief mention of local

writer and reporter Phil's first novel in the last Clarion. Having read it, we can tell you that it's a locally based thriller that gets you guessing from the opening chapter, and the chapters are all brief as the action moves around the Midlands. There's a brief visit to London and then the Welsh coast, with romance added as the hero meets a range of experiences from an attempt at poisoning him to threats from menacing foreign gangster figures. On to of all this he meets a glamorous lady who falls for his charm and daily follows to Greece, where he's threatened again, but this time by a man he trusted. We gather there's a sequel and we look forward to reading that. An impressive debut, available in digital form from at least 12 sites and from Amazon at £1.49 digital or £9.49 hard coy.





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## Stepping Out! Who's Walking, When and Where.

changing. colours of Spring have faded footpath. animals and even walkers all clear. play their part in this The weather was fine for the fascinating process.

Walking for Health this month 2<sup>nd</sup>. CoCo coffee morning. in next month's Clarion.

accessible. One group cleared the path Traditionally it is the third full

The year moves on and as we between Newbridge and moon in an astronomical are beginning to ripen ready volunteers who give up their for dispersal. Wind, water, free time to help keep the paths

Country Walk on Sunday July After meeting as usual is on the second and fourth outside St Mary's Church eight Wednesdays, August 9th and people enjoyed the Dinmore 23rd, meeting as usual outside Dally Walk, CMFA leaflet 21. the Market Hall at 10.00am the This month the walk is on walk of about one hour will Sunday 6th at 10.00 am. The finish with refreshments at the route of about 4.5 miles is A based on leaflet no 14, A Walk reminder that there is no In Three Parishes. This is an Walking for Health Awayday interesting walk passing in August. The final Awayday through the parishes of for this year is on Wednesday Cleobury Mortimer, Hopton 13th September. Details will be Wafers and Neen Savage. Everyone is welcome.

There was an additional work A delve into the Almanac party in July both revealed that there are two full concentrating on clearance moons this month. August 1st work. On the first week the is the Sturgeon Moon, named volunteers worked in the area by the North American fishing between the Golf Club and the tribes as these fish are prolific Bridgnorth Road, cutting back this month. August 31st is the the undergrowth as well as Blue Moon which is not ensuring stiles and gates are specifically named after its There were two colour. The origins of the name teams out the following week. is shrouded in mystery.

enter the last month of Papermills including the steps season containing four full Summer the countryside is up to the main road and a moons. Alternatively it is the The beautiful section of the adjacent name of the second full moon The second team in a calendar month. In either leaving a tapestry with shades cleared a fallen tree that had case it only occurs every 2.5 to The petals have blocked a gate near Lea Farm. 3 years and has given rise to fallen and the seeds produced A huge thank you to all the the expression "once in a blue

> CMFA activities are on our website www.cmfa.co.uk and also on Facebook.

> Veronica Hargreaves

#### **ROCK PATHFINDERS**

Thursday, August 3rd. Starting at 10.30 from Lyth Hill Country park, near Bayston Hill, Shrewsbury SY3 OAX. Bring your own lunch! Thursday, August 17th. Starting from the Kinver Community Centre, Legion Drive, off High Street, Kinver DY7 6ET PLEASE NOTE NEW WEB **ADDRESS** 

email:mdsskev@rockpathfin ders.uk Or ring Alan on 01299 400304

..... WISE BIT It is good to be important, but more important to be good







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It's been a good year for bilberries. Not enough to make a pie, though: I've only had that happen once, and those bilberries were from Derbyshire. The plants like acid soils and cope with a shady woodland setting, but only fruit well with enough sunshine. I look forward to the blackberry harvest but that won't be until September, when I can enjoy some of the crop destined to be consumed by insects, birds and mammals.

At the moment the forest is still looking lush, with enough rain to keep leaves green and encourage flowering. The insects should be having a happier time of it than during last year's drought and I hope some will be able to recover after a very cold and difficult spring. Consequently there should be a good number of baby birds too, and that will be good news for a number of predators.

One such is the Sparrowhawk. It is the commonest bird of prey in the forest and could possibly be confused with the larger Goshawk, which is also sometimes seen hereabouts, since both birds have striped grey and white plumage on the breast and underparts. The female is considerably larger than the male, which has a more reddish-brown colour to the underparts. Their presence is a happy indication of the recovery of their numbers after the use of organochlorine insecticides such as DDT caused the population to crash in the 1960s and 70s. The discovery that DDT caused fragile egg shells and the death of embryos led to it being banned in 1972 in the USA and in most other countries during subsequent decades.

The Sparrowhawk feeds entirely on birds smaller than itself, which means that the male catches sparrows, finches and tits while the female can go for something larger such as a thrush (or a Greater Spotted Woodpecker as Norman Hickin noted in 'The Natural History of an English Forest'). They are superb hunters, materialising 'out of nowhere' to grab their prey along woodland rides or hedges, or indeed from garden feeders. Like other raptors they pluck their bird prey, leaving a pile of whole feathers under their perch.

The nests are built high in conifers or among growths of ivy on deciduous trees, using twigs of birch and larch, with downy feathers added as the eggs (up to 6 of them) are laid. While the female sits the male feeds her (and, I hope, receives no complaints about the size of the portions!). Thank you to Mick Farmer for the Sparrowhawk photo.



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# Philip Dunne's Letter from Westminster

#### **Summer Recess**

August is a month to which many of us look forward, especially MPs. While Westminster has its own charm amidst the cut and thrust of politics, the summer parliamentary recess provides a great opportunity to spend more time in South Shropshire helping people around the constituency, which given the beauty of our area, is always a welcome task.

As readers will know by now, I have decided not to seek re-election as Member of Parliament for Ludlow - or rather South Shropshire, as the constituency will soon be renamed. As I write, my successor as Conservative candidate has not yet been chosen by local party members, though will be in place by the time this is published. Whoever it is, I look forward to engaging with them as much as possible, and offering as much clarity as I can on local issues I have experienced over the past 18+ years as your MP.

Needless to say, I will continue to represent South Shropshire to the best of my ability until the next General Election. In previous summer recesses, that has always meant travelling to all corners of the constituency to meet constituents, organisations and other groups in South Shropshire – taking up local issues and offering to help wherever I can. As well as visiting the larger towns, as I do year-round, I can spend more time in the remote areas of South Shropshire, tackling the issues affecting smaller villages or hamlets.

This summer I also have the new opportunity to get to know those communities within the additional 100 square miles of the Severn Valley and Burnell wards, which are joining our parliamentary constituency.

Like many others, I also intend to take some time this August on holiday, travelling to Scotland with my family. I have been a fan of staycationing long before covid enforced it upon many of us, getting to know some wonderful remote parts of the UK. So I would commend it to those readers planning some time away this summer.

When Parliament returns in September, I shall be pressing forward the Environmental Audit Committee in our efforts to scrutinise environmental policies across government. I am determined to use the remaining year or so I have at the heart of our political life to do as much as I can to leave the environment in a better state for future generations. Our Committee will be pursuing our existing inquiries into air quality targets, electrification of the UK economy, and our latest inquiry into the role of natural capital as well as looking for new lines of inquiry for the final session of this Parliament.

Depending on the date of the next General Election, this may be my last summer recess as your MP, so I look forward to making the most of it. If you see me out and about in your area and you would like to raise an issue, please do come over and say hello. Alternatively, please do get in touch by emailing <a href="mailto:philip.dunne.mp@parliament.uk">philip.dunne.mp@parliament.uk</a> or writing to me at LCCA, 54 Broad Street, Ludlow, SY8 1GP.

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# THE BREAKFAST CLUB

In July, the Club made a rare excursion outside the parish when 23 members and guests went to Neen Sollars to admire Phil Howl's work on the old railway station. Phil had spoken to the Club before about his work restoring and extending the building. The station, on the Tenbury & Bewdley Railway, was opened in 1864, and seems to have been remarkably large and wellequipped for a rural station serving such a small settlement. It is hard to imagine that it ever handled much passenger or freight traffic in its hundredvear life. After the closure of the line in 1964, the station was sold off as a private residence, and over the years, more of its original features were lost, or fell off. Phil bought it 10 years ago, and has hardly stopped work on it since.

The 'Live & Let Live' prepared bacon baps for us, and Phil and Jackie provided tea and coffee. Members enjoyed sitting on the old platform for a picnic breakfast. Phil walked round the site, and along the several hundred yards of track bed which he also owns, explaining

various features such as the cattle loading dock, the second platform, and the way that nature has reclaimed much of the track bed in 59 years.

Thanks to Phil and Jackie, we enjoyed an unusual chance to visit an interesting part of our local history, and one that is now in good hands.

The next meeting of the club will be on August 8th at the Golf Club, when we will have breakfast, but without a speaker. Those wishing to attend should contact Angela Drennan (270636) to book places.

#### RAINBOW CANCER CARE DAY

This is Cleobury Gollf Club's big fund raiser in support of Rainbow Cancer Care . John Gaskell has been the driving force, with his late wife Angie until she too was lost to this same awful disease. The event has raised well over one hundred thousand pounds in its life here, a tribute to the generosity of the members. As we go to press we haven't heard how much they raised this year, but we do know there was a big turnout, with good weather, the course in prime condition and the usual selection of equipment and cars on display

A very rare sight on the Central Classics stand was a J registered Triumph Herald, the property of Chris Mason, who searched long and hard to find this model to restore in memory of a mate he lost long ago. This was not a money making job, it took years of careful detailed work making the cost far more than the car's worth to honour an old friend. Chris did the engine himself, with Neil from Central Classics attending to the chassis and running gear and Jack from the same firm handling the paint. It's a far better job than a factory could afford to offer, including fascia in exotic timber. Chris Mason paid tribute to company owner Chris Arnold, who let him share some of the tasks when there was no great rush in the workshop. The best Herald in the country It would be hard to find better.







#### THE LATEST FROM CORAL & TOM...

On 22nd June the Bank of England raised the base rate a further 0.5% up to 5% and the market reaction has been a noticeable slowdown in activity, with enquiries, viewings and sales at a lower volume than previous months.

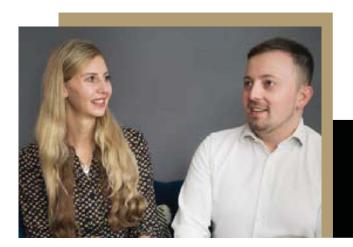
The slowdown was to be expected, especially heading into the summer holidays where the market is traditionally quieter but there are still properties selling, with 10 sales agreed in DY14 since the rate rise.

There are always homeowners who are motivated to sell but in a tighter market, buyers are more price sensitive and we have seen this in recent activity.

On the rental market front, the West Midlands as a region has seen the largest average rental increases year to date across the country, up by 18.1%, with high demands and low stock levels driving this increase.

It is important to remember there are always conditions affecting the market in some way and whilst the mainstream media is reporting lots of doom and gloom, sales agreed year to date nationally are not too far from pre-pandemic numbers in 2017/18/19 which would be considered a "normal market" levels.

If you would like to talk about the market or a potential move in the future, please do not hesitate to give a call for a chat.



Coralie Walrond MNAEA MARLA
Tom Jackson MNAEA

Under the state of the

#### AGE U.K.

From friendship and laughter over a cup of tea to gentle strolls in the fresh air – and from chess to singing – a wide range of activities are being offered across South Shropshire by a local charity, including a fortnightly Afternoon Tea group in Cleobury Mortimer.

St Mary's Place Community Room in Cleobury is the venue for the Afternoon Tea, run by local charity Age UK Shropshire Telford & Wrekin in partnership with CoCo (Cleobury Compassionate Communities). This is on the first and third Wednesday of each month. Telephone 01299 272 628 for details.

Age UK Shropshire Telford & Wrekin is also running a seated exercise group in Ludlow called the Midweek Movers - plus dementia support groups in both Bridgnorth and Bishop's Castle.

"If you're looking to meet new friends or just fancy doing something a little bit different for a change, we offer a range of fun and friendly groups for older people across South Shropshire - and all new members can be sure of a warm welcome," said Karen Rawlings, Service Development Officer at the charity.

"Please do get in touch with us and we'll give you the times, the venues, and all the details."

Meanwhile, Age UK Shropshire Telford & Wrekin is also looking to recruit new volunteers right across South Shropshire, people who can perhaps devote an hour or so each week to bring a little cheer into people's lives.

"In Cleobury Mortimer, in Ludlow, in Craven Arms, and all across South Shropshire generally, we need more volunteer befrienders and telephone buddies to help us provide friendship services to older people," said Rachel Harris, Friendship Services Senior Coordinator.

"We're especially keen to hear from people who can spare a little time to visit older people in their own homes which is such a fantastic thing to do in terms of alleviating loneliness and isolation. If this is something you'd like to do, please get in touch with us."

To be a befriender or telephone buddy, telephone 01743 233123 or email enquiries@ageukstw.org.uk

#### **PRESTEIGNE**

Driving out into the summer countryside in this area is a relaxing and gentle way to explore and enjoy parts we may not have seen before. I will admit to being an avid fan of the Welsh Marches and its wide range of attractive small towns and villages that lie down narrow roads that invite a relaxed pace. No hurry, no haste, just gentle progress We were on a country cruise along the Welsh border and were looking for a tea stop.

Presteigne was on the route and we drove gently through, when the signs to the Judge's Lodging attracted our attention. I knew of the lace but had never taken a look at this historic building. We asked on the road nearby, a pleasant experience in itself, with no bossy parking instructions telling you what to do. The Lodging was old, we were made very welcome and my lady loved the touch of really good coffee served in bone china and a slice of bar brith to add to the Welsh feel. We drove home promising to make a longer visit and learn more about this fine town.



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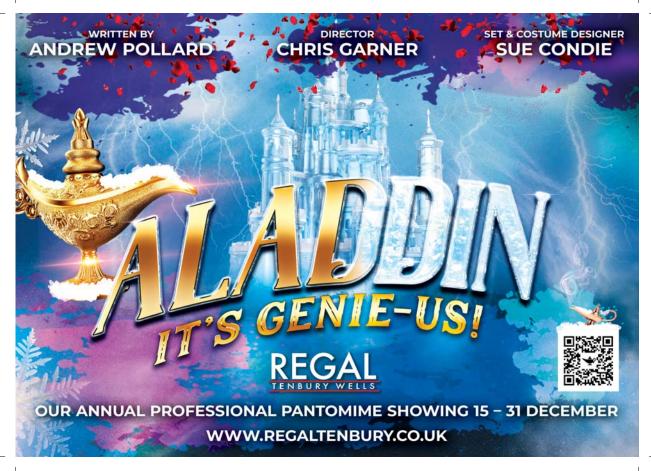
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**Also from the parish churches in:** Cleobury Mortimer, Bayton, Doddington, Hopton Wafers, Neen Savage and Neen Sollars.



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a modern bistro dining room and bar with a ous daily menu created by our accomplished Individually designed spacious double rooms, ing couples to stay together or beautiful single all with en-suites and stunning countryside Even a hairdressing salon for a little pampering vide a place of well-being.

Doddington Lodge is a place where friendships are made and special moments are shared. We organise many fun activities that everyone can get involved with, whether that's a sing along, arts and crafts, collecting fresh veg from the allotment or just simply helping each other with a crossword in our daily newspaper. Each day is different, we certainly have many happy moments...

Our home is a loving community and family, where you can consider Doddington Lodge a home away from home. We will provide you with all the key information, guiding you through every step of the process, whether you are staying with us for a short











# A SPECIAL VISIT FROM **JIGGY WRIGGLERS!**

We've had an amazing month filled with sunshine and laughter! Our coffee morning was a wonderful get together, and the home made cake raffle prize was spectacular. Plus, the little ones from Jiggy Wrigglers Baby Group paid us a special visit, and it was heart warming to see everyone enjoying cuddles and giggles.

Thank you to everyone coming along and making Doddington Lodge a warm and welcoming home for all. We can't wait to see everyone again for more fun and togetherness in the days to come.

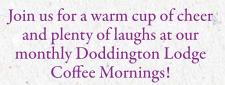
For more information and events follow us on Facebook to find out more.











Every 2nd Friday of the month, come together with residents, family & friends over tea or coffee. Enjoy freshly baked cakes as well as the Doddington Lodge monthly raffle.

For only £2.50 per person – including your beverage and slice of cake - join us for our get-together on Friday, August 11th, 2023, from 10 am until midday.

We look forward to seeing you!





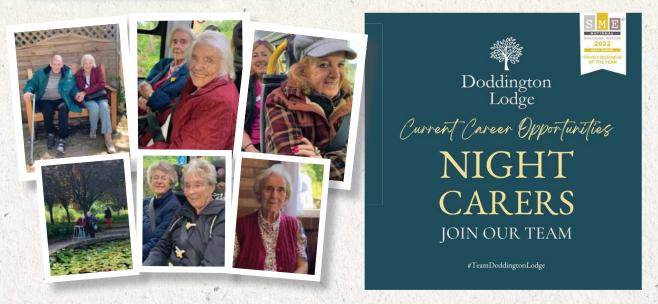
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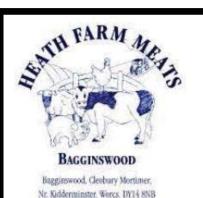


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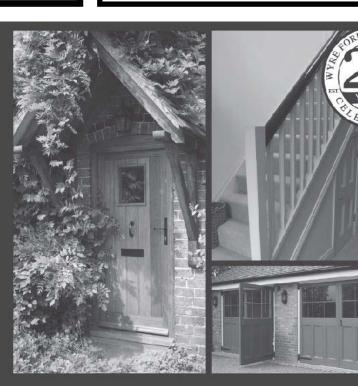
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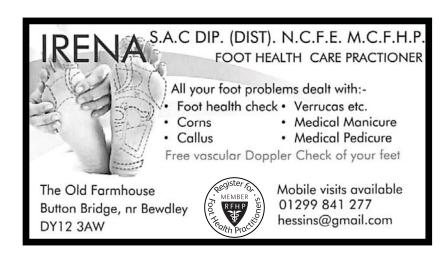
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#### St Mary's Cleobury Mortimer

Sunday 6<sup>th</sup> August – 10am Family Eucharist Sunday 13<sup>th</sup> August – 8.30am Said Eucharist Sunday 13<sup>th</sup> August –10am Eucharist Sunday 20<sup>th</sup> August – 10am Eucharist Sunday 27<sup>th</sup> August – 10am Benefice Eucharist led by Joe Simons

#### St Michael and All Angels', Hopton Wafers

Sunday
Sunday 6<sup>th</sup> August – 9.30am Eucharist
Sunday 20<sup>th</sup> August – 9.30am Eucharist

#### St John the Baptist, Doddington

Sunday 6<sup>th</sup> August – 11.00am Eucharist Sunday 20<sup>th</sup> August – 3.00pm Evening Prayer

#### All Saints', Neen Sollars

Sunday 6<sup>th</sup> August – 11.00am Village Worship Sunday 13<sup>th</sup> August –11.00am Village Worship Sunday 20<sup>th</sup> August - 11.00am Village Eucharist

#### St George's, Milson

Sunday 6<sup>th</sup> August – 6.00pm Evening Prayer

#### St Mary's, Neen Savage

Sunday 6<sup>th</sup> August – 6.00pm – Evening Prayer BCP Sunday 20<sup>th</sup> August – 11.00am Eucharist BCP

#### St John the Baptist, Kinlet

Sunday 13th August - 11.15am Eucharist BCP

The Church Office is open Tuesday and Thursday from 8.00am-2.00pm Contact details: Sam Dolphin: cleoburychurch@hotmail.com Tel: 01299 272916

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#### **Clarion Clippings - The Local News**

#### A BEACON ON THE HILL

High on Titterstone Clee Hill, St John's in Doddington has stood at the centre of its community for 175 years. After several successful pilot activities and consulting with key groups, we have designed and now launched a project to support local pride and inspire learning at the same time as providing a sustainable future for St John's. It is called A Beacon on the Hill.

Consultation with potential audiences explored different future uses for the building while retaining its role as the local church. In discussions and through a questionnaire, respondents highlighted the lack of any site locally which enables people to understand and appreciate the natural and industrial heritage of the area. Community consultation particularly noted the need for a place which would enable locals to connect with their shared heritage, as well for toilet and kitchen facilities in the building. In addition, several well-established local interest groups reported the need for a site from which they can engage with the public. With over 10,000 people passing the churchyard every day as they travel to and over Clee Hill in this Area of Outstanding Natural Beauty, it has the potential to be the gateway to discovering the rich and important heritage of this unique area.

Having established the need, we are embarking on a redevelopment to restore a heritage building at the heart of the community and use part of it to create a flexible area to serve as a hub and gateway for people, both local and from further afield, to explore and benefit from all this area has to offer, as well as facilities to run activities with and for local groups of all ages. This project will create an exciting future for St John's and help us to serve our community better.

We are incredibly grateful to the National Lottery Heritage Fund who have funded us to develop this project and to Jim from Grevatte & Co who has been our Project Development Manager.

We are applying for grants (with some success already) and will continue to fundraise with regular events - our next is a Jumble Sale on 5 August at Doddington Village Hall. If you would like to find out more or support us, please contact us, follow us on Facebook, or pop into church. <a href="mailto:stjohnsdoddington@gmail.com">stjohnsdoddington@gmail.com</a> 01584 318036 @stjohnsdoddington

C e l i a G i b b The community at Saint John's is a great

example of getting together to benefit all local folk by recognising the beauty of where you live and developing it to the advantage of all. The recent fund raising Strawberries and Cream afternoon tea was a very tasty example. JR.

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The state of our local police service continues to give concern. Apart from the large scale cull of experienced officers in 2010 as a result of David 'Call me Dave' Cameron's botched austerity measures, he also had the brainwave of introducing greater political oversight of Police services. This involved the creation of 'Police and Crime Commissioners' based on party lines which mirrored the US system where senior posts are filled by political appointees. This system goes against the whole system of policing by consent created by Sir Robert Peel two hundred years ago. That incorporated the principle that 'the police are the people and the people are the police' which has served us well ever since and which has proved better than policing by force used in many countries. You will be well aware by now of the state of relations between the public and police in the US so you can see how well that worked.

Apart from the extra cost, estimated at around £2.4 million pa in West Mercia, this introduces another level of bureaucracy and an incentive to minimise the apparent levels of crime given that one eye will be focussed on re-election. A cynical person might think that one way of achieving this would be to avoid recording crimes automatically unless the alleged victim pressed for this. That same cynical person might also think that making crimes difficult to report would help make an area 'Low Crime'. Apparently we are such an area based on statistics, but are they accurate? One friend wanted to report a case of harassement on line but gave up after being sent round in circles several times so you can see how this might work. And if a crime doesn't get recorded, statistically it didn't happen... As Benjamin Disraeli (and others) have said, 'There are lies, there are damned lies and then there are statistics'...

Still no news when we might get our Post Office back. Enquiries have been batted off by the Post Office with no indication given as to when normal(ish) service will be restored. They are probably scratching their heads about how to deal with a substantial backlog of letters and parcels which is resulting in erratic deliveries. Even if services are restored, older people are discouraged from entering the premises due to the crowd that usually hangs round outside (and inside) the shop. To be fair, they are not aggressive and usually only fight amongst themselves but for an establishment that could handle substantial amounts of cash, this is not a good look.

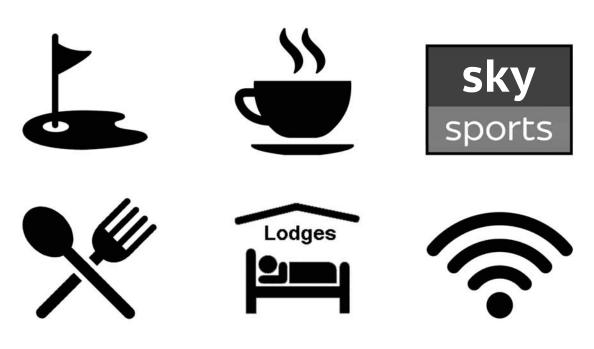
More HS2 (currently HS 0.9 and falling) insanity. We are now told that the cost of remodelling Euston Station is now likely to exceed £5 Billion. £5 Billion on a single station??? How? -perhaps everything will be gold plated. It's not clear what has caused a doubling of the cost since the previous estimate but you can imagine the conversation that took place with the contractors. Project Manager: 'Can we discuss the layout of the platforms?'. Contractor: 'I wasn't aware you wanted platforms'. PM: 'Of course we do, it won't work without them'. C: 'Oh, shame you didn't mention that before – a full set will cost you, er, about £1 billion give or take a few hundred million'. PM: ' What?, with cost escalation like that, this whole project could hit the buffers'. C: 'Oh buffers? - Just let me cost them out for you...'.

The wife of Jenson Button is in dispute with British Airways claiming her £20,000 Hermes Birkin (RIP) handbag was scratched during a flight, substantially reducing its value. And you thought you had problems...

So, Thames Water looks like it might go under, having borrowed about £7 billion which they are struggling to repay. They are now tapping up shareholders for 'up to' 1.5 billion so perhaps the latter could respond by repaying some of the dividends they have received...

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#### Hurrah for Herbs and Bravo for Basil

I realised the other day that I've been gardening for over four decades.

Granted, the first two were very much a means to an end, namely sweet/beer money from my parents (the focus of my spending evolved somewhat over the years).

Most of the third decade was on strict instruction from my wife, with all my digging/weeding/mowing being an attempt at maintaining some form of matrimonial harmony.

Frankly, gardening for most of my life was very much a means to an end.

However, over the last decade or so, something changed. I gardened because I wanted to. No nagging or financial reward required. It didn't happen overnight; it was a gradual process that crept up on me. The signs were there if you looked hard enough mowing the grass before being kicked into action, series recording "Gardeners World", and furtively looking at pictures of greenhouses on the internet – and collectively, they all pointed to me morphing into that most middle-aged of cliches, a gardener.

Like many, my first proper foray into this allconsuming world was growing my own veg (there's a nationwide waiting list on allotments for a reason). I shared the same dreams of living off the land. Rather vivid dreams, in fact - I had visions of the kids helping me dig up spuds, ruddy-cheeked and happily entertained by a little manual labour. My wife would be looking on, sporting Barbara Good style dungarees (don't judge me - it's a thing) and smiling beguilingly at her man as he uses nothing more than his bare hands and innate hunter-gatherer instincts to provide for the family. Of course, the reality was somewhat different, and while yes, there was the odd victory (courgettes, obvs - almost impossible to mess up), they were quickly overshadowed by a long list of failures (gluts that would put the butter mountains of the Eighties to shame, plus the minuscule carrot harvest that tasted so bizarrely metallic haunts the family to this day). After a few bruising years in the veg patch, plus a slow dawning realisation that we rarely actually ate anything I grew, I gave up on my Good Life fantasies (although the idea of my wife in dungarees still holds an allure), moved to cut flowers and never looked back.

That is until this year.

A few tomato plants have appeared, tucked away in the corner of the greenhouse. And then there's the small collection of strawberry plants in the cut flower patch. Oh, and the courgette plants that a friend donated. It's all very small scale, but most definitely a baby step back towards self-sufficiency.

This potential larder all pales into insignificance when compared to my latest edible obsession - herbs. I've gone BIG on herbs. I mean, REALLY big.

Basil? Six different varieties.

Coriander - two.

Parsley - three.

The list goes on, including several herbs I've never heard of and will undoubtedly never use in cooking. What I can confirm is that homegrown basil - all six varieties of the stuff is so much stronger than the little pots you can buy in the supermarket. It also seems indestructible and is the dictionary definition of cut and come again, bursting back into life every time it's attacked (around tea time most nights). It's a cracking little plant. Shame, then, that my over-excitement and the ridiculous number of varieties means we now have a glut of the stuff and, let's be honest, there's only so much pesto or tomato-based pasta sauces one family will take in a week. Words have been had.

So, it seems that things have come full circle. Despite the glut of herbs, I'm back to enjoying the process of 'growing my own'. I'm starting to eye up new edibles for next year and may even have another crack at carrots (the non-metallic tasting variety). Now, if only I could talk my wife into some dungarees...

Simon

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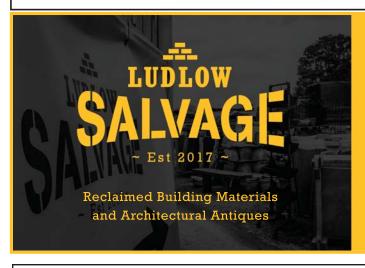
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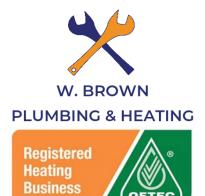
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#### FOCUS ON: HAF - Holiday Activities and Food

We have partnered with Shropshire Council to deliver HAF holiday clubs and climbing trips over the summer holidays. We have two HAF climbing trips (11 August and 1st September). These can be booked on our website and are free to those in receipt of free school meals with a unique HAF code given from the child's school. These codes have been sent out in Parent Mail so please check it and get booked in!! If you are not eligible for HAF then a days climbing with us is £20 per person (7-16 year olds). Our Holiday Clubs are in August (16th-18th & 21st-23rd) and can be booked with a HAF code or for £15 per day.

If you're not interested in our kids and youth programmes, never fear as we have activities going on throughout the summer for adults too. Please stay tuned to our social media platforms as we promote and advertise events. Obviously our incredible coffee shop is open throughout the summer with a slightly amended opening hours.

#### Sunday 20th August - Sunday Session: Picnic at Wyre Forest

The Sunday Session Social will meet at the Wyre Forest visitor centre at 1:30pm for a picnic and a leisurely walk through the forest. The Sunday Session is all about doing life together, exploring faith and building one another up. This social event is for anyone that likes food, forest and walks, whether you've been to the Sunday Session or not. PLease contact Cleobury Community Hub for more details - 07828 116810

Rock Tots and Climbing Clubs will finish for the summer holidays but Climb61 and our Soft Play area will be open throughout. Please use our booking system through our website: <a href="https://www.smyp.org.uk">www.smyp.org.uk</a> for Climb61.



@cleoburycommunityhub



@cleoburycommunityhub

Climb61 Session Times - To book climbing and events: www.smyp.org.uk

**Mondays** 9:30am-5:30pm

**Tuesdays** - 9:30am-5:30pm,

**Fridays** - 9:30am-5:30pm

**LADIES NIGHT** - 7th September.



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At this time of year, we have either been on holiday already or are just about to go. When things are 'normal', no strikes, no high inflation, no events disrupting our lives, we start to become less alert. That's the perfect breeding ground for scammers.

Today's very sophisticated con artists are defrauders with equally sophisticated technology behind them. Never forget they never let up in their relentless pursuit of finding ways of taking our money. They do not care how it affects us.

Things around us today are not the 'normal' they were a couple of decades ago. With Airline strikes affecting the many travellers who just need a well deserved holiday, to the emerging concern about some banks arbitrarily closing down customer's accounts. Everything that falls out of our 'normal' becomes an opportunity for the crooks.

Social media is overflowing with advertising these days and it's not all genuine. You may have had a holiday cancelled due to a strike at the airport or with the airline or even due to some action outside this country. In comes the rogue with an advert that promises all your holiday plans can be Very rarely will this be a genuine attempt to save us.

False promises backed up with a strong demand for upfront payment will always result in financial loss. For a family of four, this can run into thousands of pounds. How do you protect yourself against that?

Any travel plans especially if it involves flying should be made with reputable operators who are protected by ATOL. A more inclusive protection for any form of booked travel is ABTA. Always check that any deal you make is with a company that is ATOL and/or ABTA regulated.

#### How should you pay.

Never use a Debit card, if you can use a Credit Card. This is because Credit Card transactions are more protected against fraud helping to get your money back. That rule applies to almost any purchase where there is a risk of fraud, particularly on-line purchases offered through social media.

A newish form of scamming has emerged and we refer to it as Romance Fraud. West Mercia Police report that the number of Romance Frauds identified each week remains very high. Sadly, many go unreported as the victims are too embarrassed to formally report them. Romance Fraud not only involves the victim's losing money, and often in considerable amounts, but they also have their mental wellbeing affected, as well as experiencing a feeling of guilt and shame.

Fraudsters are always seeking new platforms to set up fake profiles and draw victims into false relationships before the requests for money start to come in. These are accompanied by heart rending pleas about personal or family problems, and emergencies which need finance.

Fraudsters continue to target users of popular social media platforms such as Facebook and Instagram, plus dating sites such as Tinder and Plenty of Fish. As well as conventional dating platforms.

Online Gaming platforms may also be used to seek potential victims since there are fewer protective measures in place. Females over 40 years are common victims as well as younger males, but older users also need to be aware on age related dating platforms too.

Basically, criminals will go to great lengths to gain the victim's trust by claiming they are in a genuine relationship which is built up over time. They will manipulate and exploit the victim to the extent they are persuaded they are in a real and genuine relationship. Then when they ask for money, the victim is convinced there is no problem with the request which can be very emotive citing reasons such as medical emergencies, travel costs, payment of fines or taxes, or even claiming their bank account has been frozen.

# Tell-tale signs a friend or family member is involved in a Romance Scam

- They may be secretive about their affair or provide excuses for why their online partner has not video called or met them in person.
- Unwilling to discuss their online relationship
- May express strong emotions for someone they have only just met
- They have sent money to someone they have not met face-to-face. They may withdraw cash from their pension to send money..

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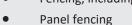
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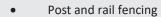
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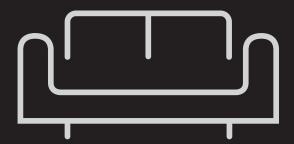
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#### **Welcome new Councillors**

We have great pleasure in welcoming new Councillors Ken Walsh and Phil Clarke to Cleobury Mortimer Town Council.

The Town Council currently have one Councillor vacancy remaining. If you have a good knowledge of, and interest in our community, have good communication skills, are keen to work with community partners and can attend monthly Town Council meetings then please consider joining us. For more information, please contact us 01299 271154 or email council@cleobury.org.uk.

#### **Councillor Surgery**

The Councillor surgery at the Market Hall on Saturday 15<sup>th</sup> July was supported by five Town Councillors and was visited by four local residents. The main areas of concern raised was the lack of maintenance along various footpaths including Cleobury Meadows to Love Lane and Childe Road/Viols Walk. The Town Council has been in contact with Shropshire Council and the various Housing Associations to request that these footpaths are kept clear, and verges are cut back to keep them tidy. We have also been in contact with several residents whose hedges have grown over pavements causing an obstruction to remind them that they are responsible for cutting back hedges to the boundary of their properties. If you have any local concerns or would just like to pop by and say hello, we will be at the Market Hall again on **Saturday 19<sup>th</sup> August from 10:00am to 12:00pm**. We hope to see you there.

#### **Neighbourhood Development Plan**

The Independent Examiner is currently working his way through the documentation submitted by Cleobury Mortimer Town Council and Shropshire Council and this work should be completed in August. The next step will be for Shropshire Council to vote on the final draft at a full Cabinet meeting and, if voted for, a referendum will be arranged where the residents of Cleobury Mortimer will have the final say. Shropshire Council Electoral Services have suggested that the date of the referendum will be Thursday 7<sup>th</sup> December 2023 if Cabinet votes in favour to proceed.

#### **Cleobury Festival**

The 2023 Cleobury Festival was a great success with around 2,000 visitors throughout the day. The variety of craft stalls, local charities, activities, food, drink, and some talented performers made the whole day fun for all the family-of course the great weather helped! Although the Festival is funded by the Town Council, the success of the event is only possible with the support of our wonderful volunteers, thank you to you all! We are already starting the initial planning for next year and will be able to confirm the date very soon.

#### Marches Growth Hub – Small business grants

A new round of business grants has been launched for small businesses wishing to grow. These grants support: Expanding and growing existing businesses; inward investment; developing new market opportunities; innovation, including new product development; capital investment; an increase in the productive capacity of new and existing premises through new property builds, refurbishment and extensions. Grants must be match funded and are between £5,000-£100,000. Please see <a href="https://www.marchesgrowthhub.co.uk">www.marchesgrowthhub.co.uk</a> which gives more details.

#### Vacancy for a Maintenance Assistant.

The vacancy is available for a Maintenance Assistance to carry out duties in Cleobury. This will be a part time position of approx. 10 hours per week. For more information contact the Town Clerk on <a href="mailto:council@cleobury.org.uk">council@cleobury.org.uk</a> or Tel: 01299 271154.

Next Council Meeting..... Monday 7th August 2023, 7.00pm at the Cleobury Country Centre.







#### Letter from America.

Self-care is much more than spending a weekend at a spa, although such a retreat can be helpful. Self-care is ultimately a state of mind that encompasses our thoughts, actions, and relationships with others. It is valuing ourselves enough to care for ourselves.

In today's fast- paced world it is so easy to be unaware of how depleted we can become. The key is to pause on a regular basis to check in with ourselves. This process is known as a "time in." Allow yourself just 5 minutes up to 3 times per day to take a break. First of all remind yourself you are just as deserving of a balanced life as those you are serving, and ask yourself the following questions: How am I feeling physically? Am I getting enough sleep? Am I hungry or thirsty? Am I choosing healthy foods? Am I drinking enough water? Am I getting in some fresh air and exercise? It is surprising how we can be unaware of our basic needs when we are busy, and making even small changes can help us keep balanced. Where are my thoughts? Am I able to stay focused in the present moment or am I worrying about the future? Do I have a sense of urgency that may be beyond what is required for the situation at hand? Take a few deep breaths and remind yourself to focus upon o n e thing a t time. How am I spending my time? Am I able to set healthy boundaries with others? Am I able to say no to invitations that may not be in my best interest during this season in my life? Am I overly concerned with pleasing others?

Some people, when they think of self-care, equate it with selfishness. It is difficult for them to take time for themselves, although they may be very good at caring for others. Watch your thoughts and choices to help you

#### Lisa Baldwin's thoughts on self care

become aware of how sacrificing yourself may become an unhealthy default mode. It can be helpful during your end of the day "time in" to ask yourself how many times that day you made a choice that took an excessive toll, that ultimately was not in the best interest of yourself, or those you care for? Awareness of our default mode is an important step in beginning a process of self-care. Perhaps it is something as simple as telling someone you will get back to them about an invitation, instead of feeling you have to say yes immediately. And a "not this time" reply won't bring on the end of the world!

Each person's situation is unique to their own mindset and life circumstances. For one self-care may be require reevaluating lifestyle choices such as reminding oneself not to overschedule commitments, or perhaps finding a way to draw in other help if you are stretched too thin. For someone else it may be becoming aware of how thinking processes may be preventing them from staying in the present moment.

Just as each person's situation is unique, so are different seasons in our lives. Are we going through an especially stressful period that requires different choices than perhaps worked for us one year before?

Balanced self-care is necessary to mental health. The more we are able to incorporate reasonable self-care choices into our lives, the more helpful, in a balanced way, we will be to others and ourselves. While we may not be able to get to a spa every weekend, we can take daily "time ins" to help us make small choices on a regular basis to avoid depletion, and thus enhance our quality of life.

#### THE AUGUST CLARION SOCIAL CALENDAR

Wed 2nd DOMESTIC RUBBISH AND RECYCLING BINS EMPTIED TODAY	
Afternoon Tea with Age UK at Saint Mary's Place centre, Love Lane.	6.00 to
7.OO Late Night at the Food Bank, Market Hall	7.30
Whist Drive at Doddington Village Hall. Contact Sonia ears all 1584 89874	
7.3O The Pholography Club meet at the Market Hall, Church Street	
Thu 3rd 1O.3O Rock Pathfinders ste out from Lyth Hill Country Park, nr Bayton	PAGE 21
Sat 5th 10.30 Jumble Sale at Doddington Village Hall.	PAGE 39
Sun 6th 10.00 CMFA walk of c.4.5 miles starts from the Parish Church	PAGE 21
Tue 8th 7.3am The Breakfast Club meet at the Golf Club with no talker and later	at 6.3O
Dr Mark Baldwin talks to Cleobury W.I. on the history of The Wells	PAGE 5
Wed 9th GREEN BINS GARDEN RUBBISH COLLECTED TODAY	
10.00Walking for Health step out from the Market Hall	10.00
CoCo Coffee Morning at the Market Hall	
Fri 11th 1O.OO Coffee Morning at the very attractive Doddington Lodge	PAGE 33
. 8.00 Bingo Night at Doddington Village Hall	
Sun 13th 11.3O Air Ambulance charity event at Highley Bowls Club	PAGE 7
Mon 14th. Taster Session of bowls at Cleobury Club green	PAGE 7
6.3O Creative Writing Grou met at The Town Library, Love Lane	
Wed 16th DOMESTIC RUBBISH AND RECYCLING BINS EMTIED TODAY	
7.3O The Photography Club meet at the Market Hall, Church Street.	
7.3O Whist Drive at Doddington Village Hall.	
Thu 17th 10.00 Rock pathfinders start walking at Kinver Community Centre.	PAGE 21
Sat 19th 7.30 Flicks in the Sticks shows 'Allelujah' at the Parish Hall.	PAGE 5
Sun 20th 1.30 Sunday Session Picnic at Wyre Forest	PAGE 49
Wed 23rd GREEN BINS AND GARDEN RUBBISH EMYIED TODAY	
1O>OO Walking for Health step out from the Market Hall.	
10.00 CoCo Coffee Morning at the Market Hall, . Great value.	
6.OO Clows ToP Gardening Club gather to travel to 'Highways'.	PAGE 7
Fri 25th 7.00 Barn Dance in the Parish Hall, Church Street.	PAGE 5
8.OO Bingo Night at Doddington Village Hall.	
Wed 26th DOMESTIC RUBBISH AND RECYCLING BINS EMTIED TODAY	
7.3O Whist Drive at Doddington Village Hall	
Mon 28th 7.3 Nearly Dead oets' Society meet at the Town Library, Love Lane.	
AND LOOKING FORWARD TO SEPTEMBER	
Mon 4th 12. Craft Club meet at Victory Hall, Clows ToP	
The Pholography Club meet at the Market Hall, Church Street	
Wed 6th GREEN BINS ANDGARDEN RUBBISH EMTIED TODAY	
7.3O Whist Drive at Doddington Village Hall	

#### REGULAR EVENTS OF INTEREST

Monday 8.00 Bingo Night at the Market Hall

Tuesday 2.00 Friendship Club meet at the Parish Hall

Thu Saint Mary's church coffee and chat session.

7.3O Tina Hobin's Birth Dance and good health class at the Market Hall.

#### in Business Angela Kazimierczuk

Angela Kazimierczuk is a lady standards demand. No new students thoroughly immersed in music and the were taken on and work was very gentle way of life that normally limited. She and husband Paul are accompanies such an interest. Her both tutors and made it through the love school, where she learned to play the students range in age from some in cello and sang with an enthusiasm their 20s to seniors in their 80s, proof that carried her through to train and if you needed it that personal emerge as a professional. She's now achievement knows no age barrier. been singing as a professional for 40 Angela's own experience of years and has worked with notables recovering from severe muscular pain like Sir John Eliot Gardner and Sir to lively self employment is a Simon That singing brought travel and it was lady with a gentle manner and a lot of on return from a European tour that knowledge to offer. her energetic moving of heavy luggage revealed a weakness that brought her down and seeking help from a chiropractor. He recognised that her practice of yoga had kept her pain free previously as she'd got on with a busy life. In a manner typical of her thoroughness she studied that gentle art for two years, realising the benefits it brings and now qualified as a member of the British Wheel of Yoga she offers instruction on a one o n e basis. Her singing tuition was affected by the Covid 19 pandemic, with the need to isolate and avoid contact preventing the clarity of hearing high

of making music emerged at crisis. Her singing pupils and yoga Rattle. convincing demonstration. A capable



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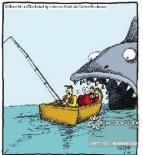
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#### **Community Contacts for Clarion Readers**

	•		
CEMETERY ADMINISTRATOR	Theresa Ray	07703 965 064	theresa.25016@hotmail.co.uk
CLEOBURY COUNTRY CENTRE		01299 272300	In Love Lane, 9 to 5 Mon to Fri.
CLEOBURY DENTAL PRACTICE		01299 271747	www.cleoburydental.co.uk
CLEOBURY CARERS	Michelle	01743 341995	carerssupport@shropshire.gov.uk
CLEOBURY COMPASSIONATE COMMUNITIES	Katja Jones	07966 080111	Tuesday and Thursday at the Medical Centre
CLEOBURY MORTIMER LIBRARY		01299 272301	Open 9 to 7 Mon, 9 to 5 Tues/Fri and 10 to 1 Sat.
LOCAL POLICE	PC Wayne Strangwood	07773 054 587	wayne.strangwood@westmercia.pnn.police.uk
CLEOBURY MORTIMER GUIDES	Fiona McCallum	07805 737 555	theresa.25016@hotmail.co.uk
CLEOBURY MORTIMER SCOUTS	Lowri Hughes		cleoburybeavers@gmail.com
CRIMESTOPPERS		0800 555 111	Free Police contact. Talk in confidence, to report any crime.
DOMESTIC VIOLENCE HELPLINE		0800 783 1359	Women's Aid, 24 Hour support:
HOME FROM HOSPITAL		01584 878046	Help over the first weeks back home from Age UK
MARKET HALL	Kim	01299 272732	markethall@cleobury.org.uk
MEDICAL CENTRE		01299 270209	Out of surgery hours, use the Shrop Doc Service.
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NIGHTINGALE NURSING FUND	Rosemary Abbiss	01746 718451	
TOWN COUNCIL	Clerk Dorothy McBride	01299 271154	Cleobury Country Centre 9 to 2 pm, Mon to Fri. www.cleobury.org.uk. Council meets in the Centre on the first Monday of the month
POST OFFICE		01299 270211	In the Select and Save Grocery Store, Church Street
SAINT MARY'S YOUTH PROJECT	Mark Greaves	07828 116810	mark.stmarys@live.co.uk
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SOUTH SHROPSHIRE YOUTH FORUM		01584 874922	
VOLUNTARY CAR SCHEME		01299 666119	Mandy Smith
WASTE DISPOSAL		0345 678 9007	The contractor is Veolia
WATER SUPPLY EMERGENCIES	Severn Trent	0800 783 4444	
NEWLIFE CHURCH	Pastor E Stirrup	01562 630595	Sunday services at 10.30



# eme CLEOBURY

#### **FACILITIES INCLUDE:**

Gym



**Exercise Classes** 



Sports Hall



Outside Astro Pitch

[PO]

Netball **Tennis Courts** 



#### **CLASS TIMETABLE**

	6.30 - 7.15pm	BODY PUMP
MON	9.15 - 10am	GENTLE AEROBICS

TUES	9.15 - 10am	YOGA
	10.15 - 11am	YOGA
	6.15 - 7pm	TRX

WED	5.15 - 6pm	PILATES
	6 - 6.45pm	CIRCUITS

THU	6 - 6.45pm	STEP
	7 - 7.45pm	SPIN

FRI 6 - 6.45pm **STRETCH** & RELAX

Pre-Booking required for Exercise classes Book online or at the Centre

#### **OPENING TIMES**

MON	7.30am - 10am 10am-12.30pm GP Referral 3.30pm - 10pm
TUE	3.30pm - 10pm
WED	7.30am - 10am 4.30pm - 10pm
THU	4.30pm - 10pm
FRI	7.30am - 10am 3.30pm - 10pm

Pre booking not required for Gym use. Induction or Disclaimer required in advance of use.

SAT-SUN 7.30am - 1pm













